**WPO Member Monthly Update (today’s date\_\_\_\_\_\_\_\_\_ )**

*Please complete this from the perspective of your* ***whole self -*** *business, personal, family - sharing what is most meaningful to you. Focus your update on how these events have made you* ***feel*** *and what impact it has had on you, your business, and your life.*

**How I feel in this moment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ What I am grateful for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Headline:** *Use succinct bullet points in each section, focusing on the most impactful.* | **Meaning & Emotions:** *How are you feeling about each point? What is the impact on you or your business? Focus on the* ***significance*** *vs the story.*  |
| **High Points** (Business, Personal, Family Celebrations) |
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| **Challenges** (Business, Personal, Family Challenges)  |
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| **Opportunities / Possibilities** (What potential exists? What is the benefit/opportunity cost to pursue?) |
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| What financial metric are you most proud of this month?  |
| What are you tolerating? What has tested your patience? |
| ***The most meaningful challenge or opportunity I need help with this month is…*** |

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**MEETING CLOSE: Looking forward to the next month, I would like to be held accountable for (**use SMART criteria – Specific, Measurable, Actionable, Realistic, Time-bound)

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| Commitment from last month: |
| Commitment for next month: |